



COVID-19 (nCorona) Virus Outbreak Control and Prevention State Cell

Health & Family Welfare Department

Government of Kerala

COVID-19 CONTACT TRACING AND QUARANTINE GUIDELINES

No.31/F2/2020 Health 22nd August 2020

In superseding all the previous advisories, guidelines regarding the contact tracing and quarantine, the revised guidelines for contact tracing and quarantine are issued for implementation in the State of Kerala.

PART-I

DEFINITION AND CLASSIFICATION OF COVID CONTACTS

Contact: The World Health Organization (WHO), defines contact as:

Anyone with the following exposures to a COVID-19 case (alive or dead) **from 2 days before to 14 days after the case's onset of illness**. If confirmed cases are **asymptomatic**, contacts should be managed in the same way as for a symptomatic case with an exposure period from 2 days before the case was sampled, to 14 days after.

| CONTACT | DESCRIPTION |
|--------------------------|---|
| High Risk Contact | <ol style="list-style-type: none">1. Shared space within 1 metre of a COVID-19 case for >15 minutes2. Direct physical contact with a COVID-19 case3. Direct care for patients with COVID-19 without using proper personal protective equipment (PPE)4. A person living in the household of a confirmed case5. Sharing a room, meal, or other space with a confirmed patient6. Touched or cleaned the linens, clothes or dishes of the patient without wearing mask and not practicing hand hygiene7. Other patients# hospitalized in the same room or sharing the same bathroom as a COVID-19 patient or visitors to the patient |

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| | <ol style="list-style-type: none"> 8. Health care workers# who have cared for the COVID cases / handled samples without adequate PPE or breach of PPE 9. Health care worker who has performed an aerosol generating procedure without any of the following: Face shield, N95 mask, Gloves or had contact of body fluids on non-intact skin or mucous membranes 10. Travel (any mode) in the same environment within one metre of a lab confirmed case |
| Low Risk Contact | <ol style="list-style-type: none"> 1. Other persons who have shared the same time and space with the confirmed case and not having high risk contact 2. Travelled in the same environment (any mode of transport) but not having high risk as above 3. High risk contacts falling in points 1,2,6,10 who have taken adequate COVID precautions like wearing a three layer mask/N95 mask, practiced frequent hand hygiene and did not have other high risk contacts as mentioned above |

In situations where it is difficult to classify the exposure, a detailed exposure history should be taken and classification done on a case to case basis.

Patients and health care workers becoming confirmed cases should be investigated on a case to case basis. A detailed contact history and contact tracing should be done to identify patients and health care workers exposed in wards, rooms, ICUs, bathrooms and other facilities in the hospital.

PART-II

QUARANTINE / ISOLATION GUIDELINES

| GROUP | DESCRIPTION | QUARANTINE/ISOLATION |
|----------|---------------------------------------|---|
| 1 | Laboratory confirmed case of COVID-19 | Avoid non-essential travel and social contact for 7 days after discharge based on discharge criteria. |
| 2 | High Risk Primary Contact | <p>14 days quarantine room quarantine at home or at institution (If independent room at home is not available)</p> <p>If any symptoms develop during this period, even if mild, should be reported to DISHA 1056/ Local Public Health Authority</p> |

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| 3 | Low Risk Primary Contact | <p>14 days avoid all non-essential travel and practice strict adherence to mask use, practice personal, cough, sneeze and hand hygiene.</p> <p>Avoid community/social contact like attend marriages/functions/work/family visits etc</p> <p>If any symptoms develop during this period, even if mild, should be reported to DISHA 1056/ Local Public Health Authority</p> |
| 4 | <p>A. Asymptomatic Secondary contact</p> <p>B. Local contacts of people coming from country/area with community/local transmission</p> | <p>14 days practice strict adherence to mask use, practice personal, cough, sneeze and hand hygiene. Avoid close contact with community/social contact. Practice social distancing at all times. Inform the employer/head of institution and may work at home or at the office using all the COVID safety precautions</p> <p>If any symptoms develop during this period, even if mild, should be reported to DISHA 1056/ Local Public Health Authority</p> |
| 5 | Interstate Travellers and International Travellers coming from outside Kerala | <p>14 days quarantine at home or at institution (If independent room at home is not available)</p> <p>If any symptoms develop during this period, even if mild, should be reported to DISHA 1056/ Local Public Health Authority</p> |
| 6 | Health care worker with contact with a confirmed case with breach in PPE. | 14 days quarantine at home or institution (If independent room at home is not available) |
| 7 | Any person (Not a Contact/ COVID Suspect/ Traveller) with Acute Respiratory | <p>Seek health care through telemedicine or contact local health care provider / family doctor</p> <p>Get tested for COVID-19 if required</p> |

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|----|---|---|
| | Infection (ARI) or Influenza like Illness (ILI) | Undergo isolation at home/hospital till resolution of symptoms Get evaluated for other causes of ARI/ILI if required |
| 8 | Guest Workers coming for special projects through contractors / employers | As per the Government orders issued from time to time. |
| 9 | Business trip / Short Visits for travellers from other states Return within 7 days of arrival in state with special pass | As per the G.O (Rt) No. 1880/2020/GAD dated 14.06.2020 |
| 10 | Special situations (Citizens from outside country for Exams) | As per the advisory – No.31/F2/2020 Health 12 th August 2020. |

For health care workers with exposure, duration of quarantine shall be done individual specific by the institutional medical boards based on the risk of exposure, test results, patient care location etc.


Principal Secretary